



Presents

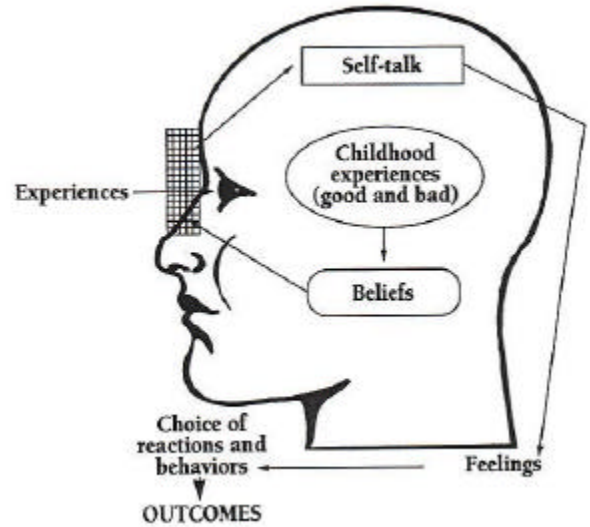
***“Laugh Your Way to Success:  
Balancing Stress with Humor”***



## How are Emotions Created?

### There are four parts to any outcome:

1. Experience (event)
2. Self-talk (meaning/interpretation)
3. Feeling (emotion)
4. Behavior (reaction/response)



### Premises:

1. The way you feel and behave is never caused by the way others treat you or the events that happen to you.
2. The way you behave is directly influenced by how you feel.
3. The way you feel is always and only created, controlled and maintained by the interpretations made in your mind.
4. These "interpretations" were learned at some point in your life.
5. Anything that was learned can be unlearned.
6. You *can* learn something new!
7. You can change the way you think (your interpretations).

*Based upon rational-emotive behavior therapy, developed by Dr. Albert Ellis*

After this program, you will know, now and for all time, that events, whatever they may be, do not cause the reactions you experience. Who causes you to feel the way you do? You do! *No one has the power to determine your emotional and behavioral reactions but you.*

### You Can Deal with Stressful Situations in One of Five Ways:

1. Stay and do nothing
2. Try to change the other person
3. Leave the situation
4. Change your behavior
5. Change your thinking

## **Examples of Company Humor Strategies**

- H Dryers
- H Odetics
- H Chrysler
- H Sprint
- H IBM

### **Benefits of Humor in the Workplace**

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### **Humor Principles**

- ✓ A sense of humor doesn't mean the ability to tell jokes
- ✓ Some of the stressors in your work and life will never go away! They just ARE.
- ✓ Humor is a tool to combat normal stress and allow you to shift your perception.
- ✓ The situation itself rarely *causes* stress. You stress over situations.

## **Humor Strategies**

**What activities/events/people cause you to stress out?** \_\_\_\_\_

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## **Fun Ideas**

1. Flush Away Negative People
2. Name in Shoe
3. Swear Words With A Twist
4. Squish Heads
5. Clever Signs
6. Cartoon Character
7. Give Yourself Presents
8. Bulletin Boards
9. Call In "Well"
10. Positive Party
11. Have a Spirit of Playfulness
12. Contests
13. Leave it at the Beep
14. AutoCorrect
15. Hats
16. Gnats
17. Oh Well!
18. Doll "Respect My Authority!"
19. Computer "crash" noise when thrown
20. Fork/symbols

**What ideas can you use to combat your stress?** \_\_\_\_\_

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